

Rock Stars Kids Climbing 2022 - Ages 9 and up

Participants will learn the basics of indoor rock climbing. This includes tying knots, rock climbing technique, and use of equipment. Rock climbing is a great activity that develops physical and mental problem solving skills. Participants will be encouraged to challenge themselves and have fun. All necessary equipment will be provided.

For the 2022 session, in addition to the practices at GMUHS we will be participating in the elementary school rock climbing competitions in Rutland at the Green Mountain Rock Climbing Center (these are optional). They require that parents belay children under 13. We may arrange a belaying clinic for parents at GMUHS or you can learn at the Rutland gym before the first competition.

The cost is \$30 per climber for GMUHS practices. Registration for practices at GMUHS can be done through the Chester Recreation Dept. There will also be registration forms at the first practice. The climbing gym in Rutland charges \$15 per competition, which can be paid to the Green Mountain Rock Climbing Center in Rutland at each competition.

Schedule (these dates are all Saturdays):

January 22 - Practice at GMUHS 12:00-2:00 pm

February 5 - Competition in Rutland - time TBD

(Parents should arrive 30 minutes early in order to be belay checked)

February 19 - Practice at GMUHS 12:00-2:00 pm

March 5 - Competition in Rutland - time TBD

March 19 - Practice at GMUHS 12:00-2:00 pm

April 2 - Competition in Rutland- time TBD

April 16 - Practice at GMUHS 12:00-2:00 pm

COVID PRECAUTIONS:

- All participants will be required to wear a mask during practice and competitions.
- In order to regulate the number of people in the climbing area, parents will not be allowed to stay in the GMUHS cafeteria during practice. The Rutland gym will allow you to stay and belay/watch.

Matthew A. McCarthy

Chester, VT Recreation Dept. Director